

L E T T E R S

TO THE

L A D I E S.

1607/4615



L E T T E R S

TO THE

L A D I E S,

ON THE

P R E S E R V A T I O N

O F

H E A L T H A N D B E A U T Y.

By a P H Y S I C I A N.



L O N D O N,

Printed for ROBINSON and ROBERTS, at N<sup>o</sup> 25,  
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LETTERS

TO THE

LADIES

ON THE

PRESERVATION

OF

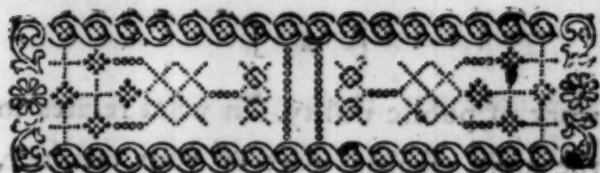
HEALTH AND BEAUTY

BY A PHYSICIAN.



LONDON

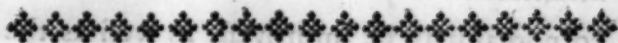
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# L E T T E R S

T O T H E

L A D I E S.



## L E T T E R I.

✦✦✦✦ O great is the influence of the  
S female sex over the hearts of  
✦✦✦✦ mankind, and of such importance  
the perfection of the fair, both natural  
and moral, to the happiness of society,  
that every endeavour to promote their ac-  
complishments ought to be regarded as a

B

work

work of public utility. In what relates to the more essential part of your conduct, Ladies, you have already been ingeniously and pathetically addressed, in a course of sermons the most animated that ever were wrote ; and of which the elegance and purity must attract the approbation of all readers of sentiment and taste. But the great instauration of your attainments is yet but half finished. The corporeal may be improved, as well as the mental part : and, I presume, you are so sensible of the charms of exterior embellishment, that I need not use any argument to induce you to the practice of whatever has a tendency thereto. I propose, therefore, to prosecute this subject in a series of letters, wherein I shall inform you not only of the most approved expedients for the preservation and improvement of beauty, together with the inconveniences

veniences resulting from the improper  
 methods used for that end; but shall  
 also instruct you in the cure of several  
 complaints to which a life of pleasure  
 and fashionable gaiety render you parti-  
 cularly subject. Upon this plan, my  
 epistles may be considered as a very pro-  
 per supplement to the ingenious produc-  
 tions above-mentioned: and if the au-  
 thor, who has gone before me, has fur-  
 nished you with such noble precepts as  
 may make you all-glorious within, I  
 I shall, in my capacity, teach you by  
 what methods to become all-glorious  
 without. How far I am qualified for this  
 arduous undertaking, will best appear  
 from the testimony of those who shall fol-  
 low the rules I inculcate; and by such a  
 determination I willingly submit to be  
 tried. In the mean time, it may not be  
 improper to inform you of the extraordi-

nary opportunities I have enjoyed of acquiring a proficiency in the cosmetic art.

When I had just completed my academical education, an opportunity offered of travelling with a young gentleman of great fortune, in quality both of physician and companion. Mr. ———, being of an amorous and roving disposition, and under the care of the most indulgent guardians, it was determined that, besides making the grand tour, we should travel into Turkey; and, if we found it practicable, continue our route even as far as Circassia, to have the pleasure of beholding a race of women so much celebrated over the world for their extraordinary beauty. The idea of so delightful a proposal flattered my youthful imagination no less than that of my friend, and with a genteel retinue we set off on the pleasant

pleasant expedition, the happiest of mankind. Five complete years did we roam over the various regions of the Ottoman empire. When it was known to what profession I belonged, which, foreseeing the prospect it opened of gratifying my natural curiosity, I industriously propagated, I was continually requested by the mussulmen to give advice for some of the ladies in their harems, where, under the pretext of my companion, being also a son of Esculapius, I often procured him to be admitted into consultation. The familiarity which was allowed us by the women on these occasions, soon improved into so close a friendship, that they have often counterfeited an indisposition, in order that the two foreign physicians might be called to their assistance.

We had not been long at Constantinople when our reputation for curing fe-

male complaints became so great, that by order of the grand signior, we were sent for to the seraglio, where never man before had been admitted, except the sultan himself. Our success on this important occasion was fully answerable to the great opinion entertained of our abilities; and we had the honour of curing, at our first visit, four ladies of the seraglio, of a calen-  
 ture, which I never observed to prevail but where the women are shut up by themselves. It was a species of the disorder which is termed by physicians the *furor uterinus*. For some months during which we remained in that great metropolis, we had in the seraglio about three hundred and forty patients, all mistresses to the sultan, and ladies of the most exquisite beauty. In short, we were so much harrassed, that we resolved to leave the capital a little sooner than we intended,

and



and prosecute our journey to Circassia. Before our departure, we were admitted to an audience of the grand signior, who thanked us in the politest manner for the signal services we had performed in the seraglio, and presented each of us with his picture set with diamonds, together with several other jewels of immense value. As a farther testimony of his favour, he ordered that an escort of twelve janissaries should constantly attend us during our stay in the Turkish dominions. We returned his sublime highness our most respectful acknowledgments, and took leave for a time of the Ottoman court. In two months we arrived in Circassia, where our fame had already reached, by a caravan which had come some weeks before to select fifty of the most beautiful virgins for the use of the grand signior. Having also several letters

of recommendation from the ladies of the seraglio, most of whom were of that country, we were every-where treated with the greatest cordiality and respect. To do justice to the exquisite beauty of the Circassian women the description would appear hyperbolical; and I can only say, that it surpasses the most luxuriant imagination. We remained in this terrestrial paradise for the space of a twelvemonth, when we again returned by the way of Constantinople. The beautiful objects with which we had now been so conversant, had afforded me an opportunity of observing the various methods which they used for preserving those perfections which nature had so liberally bestowed upon them; and there is certainly no part of the world where the cosmetic art is either so well known, or so carefully practised, as in Turkey  
and

and Circassia. For which reason, during the whole time of our residence in these countries, I was particularly inquisitive into all the secrets of the toilet, which has often subjected me to a great deal of pleasant raillery. “ You, who are a physician, would the ladies say, smiling, have you confined your studies entirely to the art of preserving health, and wholly neglected that of preserving beauty? “ We find that you admire that perfection, and how then should you think it not worth cultivating? Are the women of your country endowed with un fading charms; or, don’t they bathe; don’t they wash, and use all the methods of adorning themselves, which you see practised amongst us? But we shall teach you the cosmetic art, not only by example but precept. We shall furnish you with the most valuable

“able receipts from the Persian manu-  
 “script, that when you return to your  
 “own country, the ladies of your haram  
 “may continue to inspire you with that  
 “passion which nature has formed you  
 “to gratify.” Immediately on my re-  
 turn to Britain, I resolved on the publi-  
 cation of all that I had collected of that  
 nature in the course of my travels, which  
 I now inscribe to the British ladies. I  
 pretend not, however, to be the first who  
 has wrote upon this subject. It was at-  
 tempted upwards of two thousand years  
 ago. Heraclides of Tarentum dedicated  
 a treatise on cosmetics to Antiochis,  
 with whom he had fallen in love. Mos-  
 hion and Mercurialis wrote on the ble-  
 mishes of the complexion. Artemisia,  
 queen of Caria, who, for her tender-  
 ness towards her husband Mausolus,  
 will ever remain the admiration of  
 future

future ages, also cultivated this subject. Aspasia, the beautiful Persian lady, who captivated the hearts of two kings, has left to the fair sex a collection of precepts for the preservation of health and beauty, of which we find several fragments in the works of *Ætius*. We have likewise a book on the same subject, entitled *Cleopatraz Græcorum Libri*, attributed to Cleopatra the celebrated queen of Egypt, from which Galen has borrowed many compositions. Therefore, if I have not the merit of being the first who has wrote upon the subject, I have in my favour a circumstance that is often decisive of an author's merit, which is that of being the latest.

LET;



## L E T T E R II.

**A**S beauty is the most amiable of all personal endowments, and the principal object which attracts the affection of the sexes, the improvement and preservation of it will ever command the attention of the elegant and refined part of mankind. A life of gaiety conducted with temperance, is less injurious to beauty than a life of austerity. For the agreeable ideas which constantly engage the mind in the former, animate the countenance, and preserve a lively complexion, which is apt to fade by too close an indulgence of serious and abstruse contemplation. The art of improving beauty was so diligently cultivated in ancient Greece, that it was as much the care of

parents.

parents to model the faces of their children to the standard of perfection, as to polish their minds with philosophy. In those happy ages of every human excellence, the delighted mothers might be beheld daily bending the eye-brows of their little offspring into a beautiful arch; while, during the task of parental fondness, the smiling prattlers would exult at the prospect of their future charms, and kiss with filial ardour the hands that were forming them for transport. This is still the practice in many parts of Turkey; but particularly in Circassia. Leaving, however, the form of the face to the bountiful hand of nature, let us turn our thoughts to the complexion, and enquire what are the most proper means to eradicate accidental blemishes from that delicate field where all the Graces delight to play; and how it may best be preserved clear, polished,

and



and unspotted. And here, Ladies, let me congratulate you on that auspicious discovery of inoculation, which has, at length, disarmed the most terrible enemy to beauty that ever ravaged the human kind.

One of the most common blemishes of the face is freckles, which are almost peculiar to people who have red hair. The following application is excellent for removing them.

Take of Venice soap, two ounces; dissolve it in an ounce of lemon-juice, to which add of bitter oil of almonds, and deliquiated oil of tartar, each half an ounce. Let the mixture be placed in the sun, till it acquires the consistence of an ointment, shaking it a little daily. Afterwards, add six drops of oil of Rhodium, and keep it for use.

The



The face is to be anointed with this mixture at night, and washed next morning with spring-water. The next is more simple, and will generally answer the same intention.

Take of bitter oil of almonds, an ounce; deliquiated oil of tartar, half an ounce; oil of Rhodium, two drops. Mix them together.

The quantity of the oil of tartar ought to be increased or diminished, as the person can bear it. These applications excite a little smart when they are used; but that soon goes off without any detriment or inconvenience.

After the use of these medicines for some time, things more mild and softening will often be required; such as oil of sweet almonds, sperma ceti, or the common pomates.

The

The next I am to give you is a remedy which the princess Livia Colonna employed with great success for removing freckles.

Take equal quantities of wild cucumbers and daffodil; dry them in a shade, and reduce them to powder, which infuse in strong brandy.

Continue to wash your face with it, till it begins to itch, and then wash with fresh water. Repeat the operation every day till you are thoroughly cured, which will be in a short time.

That you may be furnished with variety, I shall yet give you another.

Take a handful of the ashes of green wood, and boil it in a pint of spring-water, till it is reduced to one half; then pour the water off clear; let it boil a little, and filter it through brown paper.

All

All the lixivious salts, as they are called, dissolved in simple water, produce the same effect; and Hungary water is sometimes also beneficial, when it is mixed with a little fresh water.

It is almost unnecessary to supply you with any prescriptions for removing sun-burn and tan, as your caps defend you from such accidents; however, as it falls naturally within my subject, I shall mention just a few.

Take half a pint of milk, with the juice of a lemon and a spoonful of brandy. Boil the whole, skim it well, and keep it for use. Some add white sugar and rock alum.

I would also recommend to wash the face at night with butter-milk. One may, likewise, bruise some straw-berries upon the face at going to bed, letting them dry

C

thereon

thereon during the night, and wash it next morning with spring-water, or rather with that of chervil, or pimpernel. By this means the skin becomes fresh and fair, and acquires a beautiful lustre. It is certainly one of the best methods that can be used in such cases.

To remove red spots of the face, boil together what quantity you please of sharp-pointed dock and pimpernel, and wash the spots with the decoction.

#### Another.

Take a pound of veal, six fresh eggs, a quartern of white-wine vinegar, and a handful of silver-weed. Distil all together in a bath-heat, and wash your face with the liquor.

But

But I shall insist no longer on this subject, lest I should incur the misfortune of those who have gazed too intensely on the spots of the sun.

C 2

L E T.



## L E T T E R III.

**A**NOTHER kind of blemish to which the face and neck are particularly liable, is pimples. These may be checked in their growth, by wetting the finger in the saliva or spittle, and often touching them with it. But if they are completely formed, the following application will be more effectual.

Take equal quantities of house-leek and celandine; distil them in a sand-heat; and wash with the water.

Another water for pimples.

Put what quantity of salt-petre you please into a bit of fine linen, tied; let it steep for some time in clear water, with which wash the pimples.

All

All kinds of *virgins milk*, as it is called, are extremely beneficial for this purpose, as well as for destroying freckles and red spots, and rendering the skin smooth. Virgins milk may be obtained by pouring a good deal of water upon the solution of lead in vinegar, or in the following manner :

Take equal quantities of benjamin and storax ; dissolve them in a sufficient quantity of brandy. The solution will have a reddish colour, and yield a very sweet smell. Some add thereto a certain quantity of the balsam of Mecca. Pour a few drops of the said mixture into clear spring-water, and stir all together. It will then acquire a white colour.

Another method of making virgins milk.

Reduce to powder three ounces of the litharge of silver; mix it with an ounce of good white-wine vinegar; and add an ounce of common salt, well powdered and dissolved in half a pound of rain-water. Strain the whole through a piece of linen, and preserve the liquor in a glazed or stone-vessel, which you must shake from time to time.

If a small quantity of camphire be dissolved with a tea-spoonful of brandy, and mixed with any of the kinds of virgins milk, it will render them much more effectual: and these applications are likewise particularly useful in destroying grubs, or those little small spots which frequently affect the nose.

Warts are another blemish which sometimes make their appearance in the face. though commonly they seize the hands  
and



and fingers. Many superstitious remedies have been recommended for the cure of these excrescences. In general the application of all sharp and acrid substances are of advantage. Some recommended washing them with mustard, sulphur, and salt, boiled in vinegar. The leaves of favin, steeped for two or three days in wine, are likewise affirmed to be successful ; as are also the juices of rue, dandelion, mercury, purslane, and the like. If the wart adheres by a small stalk, it may either be cut off with the scissars, or removed by tying it with a horse-hair or waxed silk-thread, which may be gradually drawn tighter as the person can endure it, till the excrescence begins to mortify or die away, by reason of its nourishment being intercepted. After these applications, the root may just be singed with a red-hot probe or needle, or touched

with some caustic, if there is any likelihood of its budding forth again, but not otherwise; for I shudder at the thought of subjecting you even to a momentary torment, without an absolute necessity. Sometimes warts are extirpated by using no other remedy than patches covered with the plaister of diapalma, or diachylon with the gums. I say nothing of those spots, or superficial excrescences, which some people bring into the world with them, and are called *moles*. When these are well situated, they are regarded rather as beauties than blemishes, as they give a certain grace to the countenance, and set off the whiteness of the skin.

Another blemish, affecting mostly the skin of the forehead, is wrinkles, which are a natural concomitant of age, but may be produced by habit or gravity even in the youthful period of life. To  
remove

remove wrinkles which have come on prematurely, an excellent remedy is, to apply to the face at night some slices of veal. The following water is also greatly recommended for the same purpose.

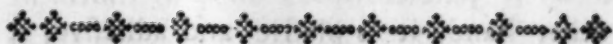
Take the second barley-water, strain it through a fine linen-cloth, and add to it some drops of the balsam of Mecca. Shake the bottle for some hours, till the balsam be entirely incorporated with the water, which happens when the mixture grows thick. Before using this water, the skin is to be washed with rain-water.

I shall conclude with informing you of a secret to take away wrinkles, which the proprietor affirmed to be effectual. It is said to have been communicated by a Persian to a Grecian of seventy-two years  
of

of age, who, by the benefit of it, did not seem to be above twenty-five.

Put some of the powder of myrrh upon a fire-shovel, and when it melts, expose your face to the smoke, which you may receive by covering your head with a napkin. Let this process be repeated twice or thrice every morning and evening for some time.

LET-



## LETTER IV.

HAVING, in my last letter, directed the most effectual methods for improving and preserving the complexion, I shall now consider the means made use of to disguise it, namely, the expedient of painting.

After carefully analyzing all the cosmetics which have been imposed upon the world under various denominations, I can affirm that there is not one to be found, which is not absolutely incapable, either from its texture or the quality of its ingredients, to answer safely or effectually the purpose for which it was intended. If the substance is a powder, and dry, it may exhibit a higher complexion, but can never reflect that polished clearness attendant

tendant on a delicate skin. If, on the other hand, it is plastic and adhesive, it affords a more shining varnish, but totally stops the perspiration ; and, if spread over a considerable surface, may, in time, produce such disorders as it is impossible to extirpate. Who knows not the unhappy fate of the beautiful Clarissa ? Adorned by nature with all the charms that could accomplish the fairest of women, her insatiable soul still panted for farther admiration. She betook to the pernicious resources of art. Her face, her neck, her breasts that rivalled celestial beauty, were daily anointed with the Stygian application. The indispensable exhalations of the vital fluid were detained ; and, in all the triumph of superlative beauty, she fell a sacrifice to the ambition of false allurements.

Learn

Learn hence to abandon a practice so injurious to your constitutions, ye who value the true happiness of life. Though the lilies and the roses combine in your cheeks, will they flourish if the canker has seized them? Behold the artless nymph of the valley: no paint ever touched her face: and yet, \* \* \* in all the pomp of colouring, is not to be compared with her. It is health that gives fragrance to her lips: it is health that gives bloom to her countenance: it is health that gives lustre to her eyes. O! let not, then, ye lovely objects of my care, let not false refinement induce you to destroy that inestimable blessing!

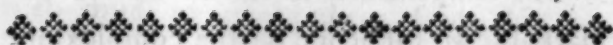
But could this treacherous art even be practised with impunity, what pleasure is it capable to yield? Can it ever inspire your souls with that conscious delight which results from the possession of native charms? Can it ever elude the keen,  
the

the penetrating gaze of your lovers? Yes, it may elude. But short will be the triumph of imposture: and when the wanton hours lead on to closer dalliance, adieu! love, beauty, and enjoyment.

Wherever, therefore, my amiable ladies! wherever the bloom of youth is defective, attempt not to increase it by methods so inadequate and destructive to all gratification. But if your beautiful complexions have been impaired by diseases, apply to extirpate the cause, and returning Hebe will again light up your charms, in the inimitable painting of nature.

L E T.





## L E T T E R V.

**I**N my last letter I endeavoured to dissuade you from the pernicious practice of painting; but it was never my intention to restrict you from such methods of improving and preserving your complexions as are innocent and consistent with health. The beauty of the skin depends upon so great a variety of causes, that to treat of them largely in a scientific manner would not only lead me far beyond the bounds which I have prescribed to myself in these letters, but involve my amiable correspondents in the intricate mazes of theory. I shall, therefore, only enter into a brief discussion of this part of the subject; and the first general cause I shall mention is the air.

The

The temperature of the air has so remarkable an influence on the complexion, that a person who is tolerably acquainted with physiognomy, will be able, by this circumstance, to distinguish the inhabitants of different climates. It must be owned that great variation is observable in the colour of individuals who are born in the same country; but still there is a characteristic complexion which marks the bulk of the people. Those who live in temperate climates are in general fair and ruddy, while, the nearer we approach the equator, the colour becomes gradually more tawny, till, at last, it ends in the total blackness of the Ethiopian. For this reason, whoever would preserve the beauty of their complexion, ought carefully to avoid the air that is either too hot or cold. The ancients, when they sold any slaves, used to besmear their faces with

with mud, to guard them from the too sharp impressions of the air.

Another general cause of the difference of complexions is, the nature of the food. It is observed that such as make use of barley-bread are paler than those who eat of the other kinds of grain. Cummin and bishop's weed are supposed to injure the complexion by a peculiar property ; and, by such means as these, the disciples of Porcius Latro imitated the excessive paleness of that orator, as by the same means, Julius Vindex deceived the emperor Nero in counterfeiting sickness. Salt meat and pork, much used, are particularly injurious to the complexion, as is, likewise, muddy water. On this principle some of the ancient physicians, when they would judge of the qualities of the waters of any country, used always to examine the complexion of the inhabitants.

D

Besides

Besides the qualities of meat and drink, excesses in quantity are also highly prejudicial to the face ; but from errors of that kind your temperance fully exempts you.

Among the causes which more particularly affect the complexion of individuals, I may enumerate watching and the uneasy passions of the mind, as grief, fear, anxiety, and jealousy. Love itself, the pleasant tyrant that should cherish the bloom of beauty, has often withered the complexion ; and, if I may be allowed to mention here a virtue which restrains the strongest emotions of that passion, even chastity, the noblest ornament of the fair, which ought to increase the charms of beauty, can change its rosy graces into a pale and greenish hue.

Having premised thus much, concerning the general causes which affect the complexion,

complexion, I come to the practical part of the cosmetic art, and shall now inform you of such beautifying applications as may be used both with safety and advantage.

Bathing, or washing with milk, especially that of goats or asses, has been much recommended for rendering the skin smooth and delicate, and giving it a polished gloss. We read in history that Poppæa, the wife of Nero, would bathe herself in nothing but asses milk; and that she kept five hundred of those animals to furnish her a sufficient quantity of milk for that purpose. This method of bathing with milk is still practised by some amorous women in the eastern countries.

The following prescriptions are copied from a manuscript in the seraglio at Constantinople.

The water of beauty.

Take equal quantities of silver-weed  
and house-leek; to every half pound  
add two drachms of sal ammoniac.

The water of charms.

Take the sap that weeps from the  
vine in the months of May and  
June, and wash the face therewith.

The water of the fountain of youth.

Take an ounce of sulphur, two ounces  
of olibanum of myrrh, six drachms  
of amber, and a pound of rose-water.  
Distil the whole in a sand-heat.

Wash your face with this water at going to bed; the morning following wash it with barley-water, and you will look much younger.

Among

Among the natural cosmetics, the juice of the birch-tree is celebrated for giving the skin a beautiful gloss ; as likewise pimpernel-water, which is esteemed so excellent that the lady's toilet should never be without it. The compound cosmetics are so well known, that it is needless to mention them. Of these the principal is the queen of Hungary's water. The annexed account, and the receipt for making that water, were found in a book of devotion belonging to her serene highness Donna Isabella, dated the 12th of October, 1652, and is as follows :

“ I, Donna Isabella, queen of Hungary, aged seventy-two years, and being very much indisposed, was cured by the following receipt, which I had from a hermit whom I never saw before nor after. By the use of it I entirely  
 D 3 “ recovered



“ recovered my strength. It may be use-  
 “ ful to others. The king of Poland  
 “ proposed to marry me ; which I refused,  
 “ for the love of God, and the angel from  
 “ whom I obtained this receipt.

“ Take what quantity you please of the  
 “ flowers of rosemary ; put them into a  
 “ glass-retort, and pour in as much spirit  
 “ of wine as the flowers can imbibe.  
 “ Lute the retort well, and let the flow-  
 “ ers macerate for six days ; then distil  
 “ in a sand-heat.”

I must here observe, that there is a  
 material difference in the qualities of  
 the simple and compound liquids used for  
 washing the face, the inadvertency to  
 which has introduced a preposterous  
 practice in the cosmetic art. Nothing is  
 more common than to recommend milk  
 and Hungary-water indiscriminately ; and  
 yet



yet it is evident, from the very nature of these lotions, that they act in a manner directly opposite to each other, and must accordingly produce very different effects. Milk is endowed with a softening relaxing quality, and can only be of advantage where the skin is rough and dry, and has suffered from the injuries either of extreme hot or cold air ; whereas, on the contrary, Hungary-water, and all those waters which have any thing spirituous in their composition, are of a hardening and astringent quality, and must actually prove detrimental in such circumstances as require applications of the opposite kind.

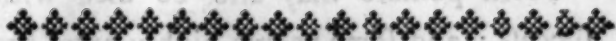
This deplorable confusion in one of the most curious branches of knowledge, has been owing to the inattention of physicians, who seem to have considered the cosmetic art as entirely foreign to their science ; and, therefore, left it wholly un-

cultivated. But be mine the delightful task to rescue beauty from the hands of empiricism, and mark the nice distinction by which its charms may either be improved or fatally diminished. In order then to form a judgment, when milk and the cooling lotions on one hand, or those of the spirituous kind on the other, are most proper for beautifying the complexion, I would lay it down as a general rule, that where-ever the skin is smooth and soft, the blemishes of the face will be best removed, and the complexion preserved clearest, by the moderate use of the hotter kind of waters ; but where the skin is dry and rough, milk, and especially the compositions called virgins milk, will be most successful. Another rule whereby we may determine pretty justly the preference of these applications, is, by considering the particular constitution of the person, to  
which

which the texture of the skin is generally correspondent. Thus a person who is young and vigorous, will reap greater benefit from the softening, than the spirituous washes ; while the contrary will be the effect in one of an opposite constitution. Those of a blooming complexion will also generally be more injured by hot than cooling lotions ; though the case will be different with people who are pale. To determine the matter with still more certainty, if the face is moist and sweaty in the morning ; or if, after washing it with water, the towel with which it is rubbed appears more than commonly foul, we may conclude the skin to be of a relaxed texture ; and that, in such a constitution, the spirituous or astringent applications will be more proper than those which are softening. At first, however, I would advise you to be cautious in the use of the former,

mer, and to dilute them by the addition of a little water, that they may not stop the perspiration, and thereby not only injure the complexion, but produce more fatal consequences : and whether you have recourse to the softening or spirituous washes, you ought to continue the use of them no longer than till the state of the skin is rectified, as otherwise you might incur the opposite extreme. On this account, it would be proper to discontinue the use of them for a few days, now and then, in order to observe what effect has been produced ; and if you find that the constitution of the skin is altered, you ought either to lay them entirely aside, or only use them sparingly, and on particular occasions.

L E T-



## L E T T E R VI.

**I**T would seem as if nature, out of indulgence to human felicity, had rendered the lips less liable to disorders than most other parts; chaps being almost the only complaint which peculiarly affects them; and these are generally owing to excessive cold. The composition known in the apothecaries shops by the name of Locatellus's balsam, is excellent in this case for anointing the lips; as likewise the following from Galen.

Take four ounces of the oil of roses, an ounce of white wax; melt them in a glass vessel, and stir them with a wooden spatula.

Fresh

Fresh pomate may also be used with success : and some people highly extol the use of the grease which comes out of the wooden ladles that are used in kitchens, when they are put before the fire. The truth is, that all smooth and oily applications are of advantage ; but those chiefly which have a roughness or astringency in their composition ; such as the two first above-mentioned.

Sometimes little bladders or pimples break forth upon the lips, imputed to drinking out of cups which have been used by persons who had an offensive breath. These eruptions generally appear in the corners of the mouth ; and whether owing to such a cause, or the sharpness of any other matter irritating the part, they may be cured by the application of whatever has a drying quality. A  
hot

hot crust of bread is much recommended for this purpose.

Of all the various parts of the countenance, considered separately, a beautiful mouth appears to be the most attracting; and its natural colour, which is also the most uniform, is the truest indication of health. It is, perhaps, owing to these circumstances, that, in all ages and countries, the most cordial salutation that can pass betwixt two persons, is performed by a conjunction of their lips. In that situation we seem to enjoy a more close and intimate union than could be obtained in any different mode of address, and breathe, as it were, our souls into each other. When we consider that birds, and several other creatures, as well as ourselves, express their affection by billing, and applying their mouths together, I am inclined to



to think that we are prompted to this method of salutation by a natural instinct, independent of example or custom. In common salutations, when they pass beyond a shaking of hands, politeness has now generally changed the direct kiss, into an application of the cheeks only. Whether this alteration has proceeded from a moral or physical delicacy, I shall not positively determine; I am apt, however, to imagine it is owing to the latter. For, since luxury and intemperance have weakened our constitutions, we are become more liable to such disorders as taint the breath; besides that the high seasoning of many of the dishes we use, contributes to produce the same effect. I may likewise add the modern habit of taking snuff. On all these accounts, we justly avoid a salutation which  
might



might be offensive, if not infectious, either to others or ourselves. This new method of salutation is, perhaps, the only instance wherein the refinement of manners has exploded an innocent familiarity betwixt the sexes; and that such an innovation should ever have been introduced, from any moral principle, in an age which is not the most distinguished for austerity, would seem not to be very conformable to reason or experience. I am convinced that the old hearty manner of saluting was carried to too great a length; for I, myself, have been often so pestered with fulsome smacks, by men who had passed almost half their life-time in the last century, that I never was so much frightened as for the civilities of my honest friends. Kindness had become as troublesome as ceremony, which was enormous,

enormous, and both certainly required reformation : but I confess to be of opinion, that a moderate indulgence should still be allowed to gallantry. Let men, in God's name ! join together in the friendly gripe, with as much stupidity as free-masons ; and let women, if they will, salute women with all the coldness of the nymphs of Diana ; but are there no other barriers to indecent familiarity betwixt the sexes than coyness and insensibility ? O Virtue ! thou plain and unaffected goddess, who sittest in the midst of all extremes, how much art thou misapprehended ! Shall mankind impiously affirm that thou art ever at variance with love and friendship ? Thou, who bindest the firmest ties of every social connection ? Shall they mimic thy open and cordial address by the averted cheek and

and eye? O! teach them that innocence,  
 not affected reserve, is the object of thy  
 approbation. Oft have I beheld thee  
 chearful at the rural dance, when full of  
 festive gaiety, the youth has clasped the  
 buxom dame, who, as she yielded the glow-  
 ing kifs, confessed, in smiling blushes, the  
 conscious emotions of love and thee.

E

L E T.



## L E T T E R VII.

I Hope you will pardon me for the abrupt apostrophe with which I concluded my last letter. It was a subject which demanded the sweetest accents of the Muses, and I could have dwelt upon it with infinite pleasure; but, being called to a farther excursion, I snatched the opportunity that offered of entering the Ruby Portal.

What a beautiful contrast is the whiteness of the teeth, to the rosy colour of the lips! There is no other part of the body whose perfection is at once of so much importance both to health and beauty, as that of these enamelled little bones. They not only prepare the food for digestion, and, by supporting the  
cheeks,

cheeks, give the face the most agreeable form, but are absolutely necessary for a right articulation of the voice. How graceful likewise is a fine set of teeth, in the actions of smiling and laughing! As to the use which is made of them in expressing some of the most odious passions of the mind, I hope never to see it exemplified by my amiable correspondents. The various advantages of good teeth which I have enumerated, will certainly be sufficient to convince you, that the art of preserving them in a sound and healthy state is worthy of your strictest attention.

Several precautions are necessary for that purpose. One ought to avoid eating or drinking any thing too hot or cold, and and to chew with both sides of the mouth. For those who are accustomed to eat only on one side, hazard the loss of their teeth

on the opposite side, as the teeth which do not chew are more liable to be corroded by the tartar. They will also be more loose in their sockets, and the gums will stretch farther over them. One should likewise avoid using tooth-pickers of any kind of metal, as the hardness and coldness of such instruments hurt the teeth. Rubbing them too hard with small brushes or napkins, ought also to be avoided, as tending not only to loosen the teeth, but destroy the gums. Besides these, all straining efforts should be carefully guarded against, such as biting threads asunder, lifting weights out of ostentation, cracking nuts, or breaking any such hard bodies, as they shiver and loosen the teeth, and sometimes entirely destroy them.

The greatest enemy to the teeth is the filth or tartar which sticks to their roots, making them not only become yellow,  
but

but disposing them to rottenness. This tartar is produced from the remains of the food which grows dry by the heat of the mouth and the continual contact with the air. The salt which is sometimes furnished by the spittle, and the exhalations from the stomach contribute to produce the same effect.

The best way to preserve the teeth sound is to wash the mouth every morning with water of a temperate warmth; to which a small quantity of brandy may sometimes be added, in order to strengthen the gums; and if there is occasion, the slimy matter may be gently rubbed off with a bit of fine sponge. When water alone is insufficient for preserving the teeth clean, the following powder should be used.

Take red coral prepared, cuttle-fish bone, and cream of tartar,

E 3

each



each half an ounce. Reduce them all into a powder.

If you love perfumes, you may add to it a few grains of musk. Some use for the same purpose a burnt crust of bread powdered, and mixt with a small quantity of common salt.

All kinds of sweet-meats are extremely injurious to the teeth, which they render of a disagreeable colour, and affect with rottenness. For this reason, one should never fail washing the mouth with warm water after the use of such compositions.

Beside the injuries to which the teeth are exposed from external causes, they are also often severely affected by the disposition of the humours. In people tainted with the scurvy, the teeth are generally extremely bad ; and through the softness of the gums, sometimes become so loose, as to fall entirely out of their sockets.



I might here expatiate at great length upon the cure of the tooth-ach, were I not fully convinced, from experience, that the various methods which are used for that purpose, are mere temporary expedients, calculated rather to mitigate the pain, than extirpate the disorder. When the tooth is hollow, the pain, indeed, may not only be removed by introducing a few drops of laudanum upon a little cotton, but the return of it may also be greatly prevented, by filling the cavity with any tough and pliable substance, such as wax, gum mastich, or rather lead, to exclude the aliments and cold air. But if the entrance to the cavity be either so small or crooked, or so disadvantageously situated, as not to admit of such an expedient, I would earnestly advise the tooth to be drawn : for otherwise the pain may not only be continual, or the return of it pre-

carious, but the parts of the food, or even the vapour which has insinuated itself into the cavity, will communicate an offensive smell to the breath. I have often had occasion to be confirmed in the truth of this remark ; and it is the more necessary to mention it, as a bad breath, besides being extremely disagreeable to those who come near us, is often entirely unknown to the person who possesses it, who therefore, when sensible of having a hollow tooth, ought to be particularly jealous of such a consequence.

When teeth have either been drawn, or have fallen out of their sockets, it is usual to supply them with others, either natural or artificial, which are properly fixed by means of a small wire. I knew a gay old gentlewoman who had lost her teeth by the scurvy ; and it being impossible to supply them on account of the stumps  
which

which remained in the sockets, she wore constantly a piece of whalebone in her mouth, in order to bear out her cheeks. This sort of instrument is called *plumpers*, and, I am informed, is to be had ready made.

The importance of a good set of teeth appears in such various lights, that I must beg leave to conclude with again recommending to you the strictest regard to their preservation: for when these are consumed, the triumph of love is no more. Farewell! then the graceful cheeks, which once were luxuriant in charms. Farewell! the captivating smile, that shone with jewels of pearl. Adieu! the luscious kifs. Adieu! the ambrosial breath of beauty, sweeter to the sense than all the balmy gales of Arabia.

LET-



## L E T T E R VIII.

**T**H E parts I have hitherto surveyed, are destined to the purpose either of some useful sense or action, as well as formed to beauty; but the covering which nature has bestowed upon the head, appears to be intended rather for ornament than utility; for it is an appendage which may be cut off without any detriment, nay, often with advantage to health. In general, the quality of the hair corresponds to the constitution of the individual on whom it grows, and the principal disease to which it is subject is that of weakness. A luxuriance, an agreeable colour, and a natural disposition to curl, are the circumstances which characterise a graceful

graceful head of hair. To promote the first of these, the common expedient is shaving the head, and afterwards rubbing it with either of the following applications.:

Take of Hungary-water and spirit of honey, or mead, each half an ounce; bear's grease, an ounce; oil of Rhodium, eight drops. Mix them together, and use them twice a day.

Or,

Take of the finest honey and butter of oranges, each half an ounce; bear's grease, an ounce; balsam of Peru, two drachms; oil of nutmeg and of mace by expression, each half a drachm. Mix them together.

Attempts

Attempts have been made to change the colour of the hair, but generally without success. However, in regard to the other circumstances of a disposition to curl, that may be promoted, or supplied, by frequent papering and pinching. It often happens, when a person is in a bad state of health, that the hair comes out in great quantity in combing, which may proceed either from the sharpness of the humours, or a relaxation of the skin of the head, whereby the root of the hair not being firmly retained, it yields to the smallest violence. When a sharpness of humour is the cause, the cure is to be effected by altering the habit of body, which would be too abstruse and extensive a problem to treat of at present: but when the fault consists in a relaxation of the skin of the head, it ought to be washed with such things as are of a strengthening quality.

The

The defect of hair, or baldness, is also supposed to be sometimes owing to a too great narrowness of the pores of the skin, or even their total obstruction, which is reckoned incurable.

As the hair of the head seems to have been originally intended for ornament, so it has been dressed into all the various forms that ingenuity or caprice could invent. In some countries it is fashionable to let it hang loose in flowing ringlets upon the shoulders; in others it is tied with a ribbon; and in some it is plaited; while again, in others, it is folded upon the neck, either plaited or plain. Nothing more clearly discovers the fickle and fantastic taste of modern times, than the great alterations which have been successively introduced in the mode of dressing the hair.

It



It is scarcely hyperbolic to say, that within my own memory, I have seen it dressed in almost as many shapes as there are hairs on the head ; and I don't know whether a more extravagant fashion ever existed, than that which is at present in use. Not content with a natural luxuriance of hair, we seem to vie who shall heap on her head the greatest quantity ; and, like the Indians with their scalps, we glory in the spoils of the heads of others. If a natural philosopher should be asked his opinion of the specific gravity of a fashionable lady's head, he would certainly answer that she was extremely *light-headed* ; and, I think, I might affirm as positively, that she was *hot-headed* too. It is impossible but so great a load of false hair must be highly prejudicial to the head ; and it must be so likewise to the natural hair,



hair, which, by the heat it occasions, and thereby rendering the oil with which it is dressed rancid, it tends to destroy. Permit me to add farther, that it causes an offensive smell in bed; which is a circumstance, I am persuaded, that requires no amplification to influence you.

I have inveighed the more freely against the present fashion of dressing the hair, as I know that I will be joined in opinion by every man of taste in the kingdom, and that it can only be owing to the interested artifices of peruke-makers and hair-dressers, that you continue so long in a practice not only hurtful to your health, but extremely prejudicial to your appearance. You are perfect by nature, my beautiful ladies, don't make yourselves ridiculous by art.

L E T.



## LETTER IX.

HAVING now discussed what regards the face, I proceed to the next article in the consideration of personal beauty, which is that of the shape. So agreeable to human affection, is the qualification of an elegant form, as even to overbalance the attraction of a beautiful face; and when that happy endowment is accompanied with a proper stature, and an agreeable countenance, it presents one of the most graceful and engaging objects that exist in the whole creation. It is not surprising, therefore, that this part of beauty has been cultivated with particular attention by the fair; who, if for the sake of more glowing colours, they have disguised the complexion of nature, they have

have, for the graces of a delicate shape, offered violence to its most determined operation; and personally submitted to the constriction of as cruel and fantastic fetters as ever their uncontrollable dominion imposed on the passions of mankind.

In the ages of ancient simplicity the shape of the body was left intirely to the guidance of nature; and no other method of personal improvement was practised, than such as either tended to teach an easy and graceful deportment, or increased the vigour of the constitution. Unconfined in any other girdle than the cestus of beauty, a loose flowing robe was then the sole ornament of the fair. No envious leviathan, had then encompassed their waists with his ribs, but free and unrestrained, their bosoms heaved with the amorous sigh; luxuriant, and softly

F

yielding

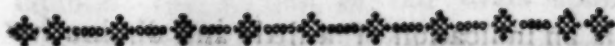
yielding to the ardent embraces of love.  
O! days of dear delight! O! ages of  
Arcadian felicity!

Of all the modern inventions in point of dress, that of stays is the most injurious. I could mention an hundred instances from my own observation, where fine young girls have incurred a spitting of blood and corruption of the lungs from the constriction of that unnatural ligature. This will not appear surprising when we consider the manner in which it acts. Its compression on the chest, not only hinders the growth of the bones, but by restraining the due expansion of the lungs in inspiration, accumulates the blood in that organ: which effect is more particularly hazardous to ladies of delicate fibres. Our apprehension of these consequences ought to be still more alarmed when we reflect, that the time at which this

constriction is practised with the greatest ardour and temerity, is the age when the sex is just attaining its fullest stature, when a redundancy of blood is produced, when the breasts swell with the tide of youth, when all the blossoms of beauty are expanding, and when the breast, become susceptible of the Sapphic oppressions, can less endure with impunity the additional violence of artificial restraint. Tell me, ye lovely objects of my affection, what ye mean by this preposterous bondage? Is it to render you insensible of the ardent embraces of your lovers; is it to defend your breasts, as with a coat of mail, from the arrows of Cupid hovering round you? O! surely, such motives can never influence your soft and compassionate hearts. They on whom bounteous Heaven has lavished the charms which constitute the greatest felicity of mankind, can they tantalize the sex that

adores them? Far other are your tender designs. I own the sentiments that inspire you: nor mean I to divest you of those ornaments in which you have intrenched your beautiful persons. My intention is only to assert your freedom. O then, relax the ligatures which may prove prejudicial to your health; and let your bosoms heave with no other than the sighs of pity and of love!

L E T.



## LETTER IX.

**I** Am persuaded, ladies, that were an old Greek or Roman to behold the continual changes in the fashions of dress, which take place amongst us, he would certainly conclude that we were a nation the most fickle and inconstant in our disposition, of any in the world. By all that we can learn of the qualities of those people, it appears that both the fashion of dressing the hair, and that of the apparel, underwent very few or no alterations, from the ages of greatest simplicity to the total extinction of arts and refinement amongst them; a circumstance which places the dignity of their character in the noblest point of view. It is certain that a too minute and finical attention to dress,



is an indication of a little and diminutive mind. I speak now concerning the male sex only; for your's, Ladies, will always be allowed an exclusive privilege in this particular. I could wish, however, to see a more invariable standard of female dress established, as it would not only prevent your running into some ridiculous modes prejudicial to your personal appearance, but also save you a considerable expence, to which the frequent variations of fashion subject you. To fix such a standard, would not be a matter of so much difficulty as you may be apt to imagine. At present we seem to be so much regulated by French example, that in fact we hold the cloaths on our backs upon no other tenure than a precarious dependence on the whim and caprice of a single individual in that nation. Let us, therefore, renounce this servile imitation, and  
 establish

establish the fashion of our dress upon principles which are reasonable and permanent. All that regards the subject may be comprehended under the consideration of convenience and elegance; the former of which is so easily determined, that it would be superfluous to insist upon it; but the latter admits of greater latitude. Elegance is a quality which is rather to be felt than described. It may exist in a variety of forms; and to the large and indeterminate idea of it, might be attributed the various revolutions of fashion, did not repeated experience confirm that they have ever been adopted more from motives of fancy than taste: for both taste and judgment are often sacrificed, when people first conform to great innovations in point of dress; and it requires a degree of habit to reconcile them to the change. We also observe, that obsolete fashions

F 4

have

have frequently been revived, though it is possible that a new fashion may be more elegant than an old one. It is not elegance, therefore, either real or imaginary, that introduces alterations of fashion, but merely whim and the desire of novelty. Fashion, strictly considered, is a matter of indifference, and might deserve no regard any farther than as it becomes the means of unnecessary expences; yet when avowedly extravagant and ridiculous, it ought certainly to be exploded for the honour of the public taste. In order to form a more precise and determinate idea of the elegance of any fashion, let me farther observe, that it is generally united with simplicity, and if we take into consideration the article of convenience, which I have already mentioned, we shall be furnished with every characteristic of such fashions as I wish to be adopted by the British Fair.

There is one error I beg leave to remark in your conduct regarding dress, and to which I greatly impute the enormities committed in that point; it is that in these matters, the only counsellors you advise with are your looking-glasses or female acquaintance; whereas, I believe it is certain that no woman can be so good a judge of what becomes her own sex as a man even of ordinary taste. We have evident proof of this in the prevailing mode of dressing your hair. Shew me the lady who is not at present as much wedded to her locks as her lap-dog; and yet, I am certain there there is not a man of taste in the kingdom, who does not look upon the monstrous tours, which you carry on your heads, as extremely unbecoming and ridiculous.

LET-

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LETTER X.

**I** Begin now to look on myself in the important quality of physician-general to the young, the gay, and the beautiful; and in that character it behoves me to mention every circumstance, however superfluous, which experience evinces to be useful for the preservation of health. An essential article for that purpose is cleanliness. If we take a view of the lower classes of the people, we shall find that the most general cause of the disorders which prevail among them is a defect in this grand point. By wearing their cloaths too long without washing, the steams which had been discharged from the body by perspiration, are again absorbed into the blood, which must of consequence be

2

greatly

greatly tainted. We know that even the slightest touch of a person who is infected with some diseases, is sufficient to communicate them; and how much more virulent must be the effect, when we live in perpetual contact with a contagious substance in almost every pore of the body? In fact, the wearing dirty cloaths, which have been contaminated by sweat and putrid vapours, though not so highly malignant, is yet in its tendency as pernicious to the constitution as the poisoned shirt of Hercules. I need not mention that, besides several diseases of the skin, there other inconveniencies which also owe their origin entirely to this cause, and which never infest the body in a state of cleanliness. It is, indeed, among the dregs of the people only that such abominable nuisances are to be found; but there certainly exist many degrees of deviation from perfect cleanliness, which, if not sensibly

sensibly injurious to health, are extremely  
 offensive to delicacy. All my senses have  
 sometimes been disgusted on seeing a wo-  
 man, who was otherwise not unfashionable,  
 sit down to breakfast in a morning with a  
 face and head-dress, which almost equal-  
 led the colour of her locks. Nothing in  
 the world sullies beauty so much as this  
 sort of negligence, as on the contrary,  
 nothing sets it off to such advantage as  
 cleanliness. There is a power in that  
 last-mentioned quality which irresistibly  
 attracts the affection, and for which no  
 other personal endowment can compen-  
 sate. When we consider, likewise, how  
 easily it may be maintained, can any  
 thing be more unpardonable than the ne-  
 glect of it? We shall generally find  
 that those who are most deficient in point  
 of cleanliness, are remarkable for an in-  
 dolence in their disposition, which affords  
 a good



a good political as well as physical reason for the frequent ablutions and purgations, practised in the eastern countries. Our religion, indeed, has enjoined us no such external rites and ceremonies ; but we are certainly under a moral obligation to cleanliness, as members of society ; and, happily for us, politeness and the law of custom have, in this case, enforced our duty. I have always been of opinion, however, that general bathing is too little used in this country. The perspiration is much the same over the whole surface of the body ; and though only the face and hands are exposed to dust and to the air, there is no reason why the other parts should not be more frequently washed. Pure water is the grand cosmetic of nature. All others may either injure or disguise the complexion, but water alone is that which makes it shine with its genuine lustre,

lustre, which gives beauty an effulgence that no composition can bestow, and, like the streams which endowed with immortality, protracts the duration of health. I need add no more in recommendation of cleanliness than that it has usually been regarded as emblematical of purity of mind; and wherever it is studiously affected for the purpose of allurements, it is upon the principle of its being one of the most amiable and engaging qualifications that can attract the hearts of men. I hope I have not unwarily mentioned an argument which can ever be perverted by the modest to weaken their obligation to cleanliness. It ought rather to have the opposite effect, if they would assert the rights of virtue, and preserve that superiority by which these can best be secured. Were cleanliness once established as the peculiar distinction of vice,

vice, we might swell in the pride of prudery and a barbarous austerity of manners, but would give a more mortal blow to virtue than ever was inflicted by licentiousness. No, my amiable ladies, the day will never come when the highest degree of cleanliness shall be reckoned incompatible with virtue; we behold in you the happy union; and, as long as the female heart is swayed by elegance and exterior embellishment, the indispensable rites of cleanliness will continue to be sacred in your esteem.

LET-



## LETTER XI,

**W**ARM with enthusiasm in the cause of health and beauty, I might now indulge an adventurous flight, but I hunt not for blemishes where all is perfection, and what modesty has concealed, even imagination shall not explore. I am now, therefore, ladies, to come to your pretty feet, and should I even kiss your toes, would not the homage be more natural to beauty than to an old ecclesiastic?

A little foot has been regarded in all ages as one of the characteristics of beauty, and on that account, like the female waist in modern times, been subjected to the force of constriction. It is certain that, during the growth of the body, the

foot

foot may be restrained within a determinate size. This, at present, is the practice in many of the eastern nations, and also in some of the southern; and, indeed, if the expansion of any part of the body may be prevented with safety or impunity, it is undoubtedly that of the foot. While I am on this subject, I cannot refrain from relating the story of Rhodope, the celebrated courtesan, who built one of the pyramids of Egypt, esteemed among the wonders of the world, as a monument of the number and excessive liberality of her lovers. It is said, that as she was one day bathing herself in the Nile, an eagle carried off one of her shoes to Memphis, and let it fall upon the knees of the king, who happened then to be administering justice in the public square. Surprised at the prodigy, and captivated with the idea of the foot from the shape of the shoe,

he dispatched messengers throughout his dominions to make inquiry after the owner, with positive orders to bring the woman who had the fellow of it. The person being found to be Rhodope, she was brought before the king, who, in admiration of her beautiful foot, immediately offered her his hand and crown.

The principal inconvenience resulting from a constriction of the feet, is that of corns, which, though most commonly produced by too narrow leather shoes, fail not, however, to infect the feet that are fettered in those of softer materials. I am the more anxious to instruct you in the cure of these painful excrescences, as they not only greatly affect the ease and gracefulness in walking, but incapacitate you for that elegant and healthy exercise, wherein you claim so conspicuous a share, and in which all the charms of beauty

are

are displayed to the most eminent advantage.

A corn is a hard horny substance, situated generally on the upper part of the toes, sometimes on the under, and rarely on the side of the feet. At first the part appears red, till the hardness advancing, it assumes the colour of those callosities which grow on the palm of the hands by hard labour. The progress of corns to their state of greatest hardness, is commonly pretty quick and completed in the space of a few days: but the advancement of their growth is more slow, and, when once they are formed, they remain ever after indissoluble.

As corns are produced entirely by friction or rubbing against the shoe, and proceed not, like other tumours, from a vitiated state of the blood, the cure of



them is only to be effected by outward applications.

When the pain of a corn is violent, the most successful remedy is the following :

Take equal parts of a roasted onion, and soft soap; beat them up together, and apply them to the corn in a linen rag, by way of a poultice.

By means of this application a raging corn has been almost instantaneously appeased. Nor is any thing more proper to mitigate those fits of corny pains, which are apt to return on vicissitudes of the weather, as a change from frost to thaw, or the contrary. If a total extirpation of the corn is desired, a piece of the plaster of *diachylon with the gums*, spread on a bit of linen, and kept at the part for some time, is of

extraordinary efficacy. The plaster ought to be removed every second or third night, that the foot may be bathed in warm water, in order to soften the corn, which should afterwards be cautiously pared. By this course continued a fortnight or three weeks, many painful corns have been entirely extirpated.

Great care should be taken in paring corns, to prevent their bleeding, as cutting too deep has sometimes been productive of fatal consequences ; such as tedious inflammations, and gangrenes, subjecting the patient to a long use of remedies, the necessity of cutting off the toe, or perhaps in the end to death itself. For the radical extirpation of corns, the plaster will be much more effectual if it is applied early, and before the part has acquired a considerable degree of hardness. Whenever, therefore, a corn begins to appear,

which may be known by a pain and redness, immediate recourse should be had to this remedy, which then, without the assistance either of bathing or paring, will in all probability perfectly extirpate the tubercle. The plaster should not be too hard, which it is apt to become by long keeping, and then loses a great deal of its softening quality.

These few injunctions, I hope, will be sufficient to preserve you from the irritation of corns; and when I behold you swim in the minuet, or trip the mazy reel, I shall rejoice in having contributed to the ease and happiness of the most beautiful part of the creation.

LET-



## L E T T E R   X I I .

THERE is a certain standard of fulness in all bodies, proportioned to their stature, at, or near which, personal beauty shines forth with its greatest lustre. This is that happy mediocrity which the French call *embonpoint*, and for which we have no proper term in the English language. This habit, or plight of body, depends chiefly on three circumstances, which I shall consider separately.

The first is a proper digestion of the food, which also includes the consideration of several distinct articles. In order that the food be well digested in the stomach, it ought to be sufficiently chewed and comminuted by the teeth. Nor

is chewing of advantage only in dividing and grinding the solid parts of the aliment, which would otherwise be too tough for the force of the stomach to overcome; that action is also highly useful by mixing the saliva or spittle with the food in the mouth, which, believe me, though a liquor that we are apt to think of little consequence, is of no small moment in digestion. How many infatuated lovers of tobacco have I seen reduced to mere skeletons, from an inordinate waste of it by spitting? But as I flatter myself that the practice of chewing or smoaking tobacco will never be adopted by the ladies, I have no apprehension of your incurring any danger from that quarter, and therefore shall not insist upon the abuse. Remember, however, that it would be almost as detrimental to your health, to  
with-

with-hold the saliva from draining into the mouth, by not sufficiently chewing the aliments, as to discharge it entirely by spitting.

The next article in digestion, is the action of the stomach. You will laugh when I tell you what force has been attributed to that organ by the learned of the faculty. Almost four thousand pound weight ! which is as much as to say, that the food is compressed by the stomach with a force equal to what would be exerted by a grinding-stone of that weight. What an amazing absurdity ! Could even a stomach of iron endure so much attrition through the ordinary duration of human life ? No, my delicate correspondents, whatever hardness unsuccessful lovers may have attributed to your hearts, the languid appetite, the slow digestion, and the pain of the stomach too clearly

clearly evince that organ not to be of such irresistible strength. The food is digested in the stomach, not by the action of that bowel only, which of itself is scarcely sufficient to discharge its contents, but, by the dissolving quality of the spittle which is swallowed with the aliments ; by a liquor of much the same nature, poured forth from the vessels of the stomach ; and by drinking sufficiently at meals, which is an article of no little consequence, and in which the fair are often too defective.

Having now, Ladies, given you a short account of the nature of digestion, the right performance of which is the fundamental cause of the *embonpoint*, or most desirable habit of body ; I shall proceed to inform you of the second circumstance I alluded to, as productive of that effect, which is aliments easy of digestion. Men  
of



of strong constitutions, who use much labour or exercise, can digest the most tough and stubborn kinds of food, and would even become thinner by the use of too light a diet, and one not proportioned to their digestive powers ; but the case is far different with the fair, whose delicate texture, and less active occupations require meats which can be easier subdued. For, whatever aliments are too hard or tough to be sufficiently digested, will, necessarily produce crude humours, the consequence of which are a bad habit of body, a pale and sickly countenance, and a general weakness, proceeding from a defect of nourishment. I have here enumerated only three disasters, as resulting from imperfect digestion ; but in these three may be comprehended all the diseases, not contagious, to which human beings are liable ; for I call upon the whole faculty

culty to witness what acute and lingering, what terrible and mortal diseases universal weakness may not produce. I mean not; however, Ladies, entirely to debar you from ever so much as tasting the more solid and tenacious kinds of food. Your temperance, in regard to quantity, justifies some indulgence. The dainty salmon may, therefore, sometimes be seen upon your plate; you may, now and then, chew with your ivory-teeth a slice of the tusky boar of Westphalia: and who can deny you a mouthful of the cheese which your dairies afford?

The third circumstance in the production of the *embonpoint*, is moderate exercise, which is necessary not only so far as it contributes to digestion, but likewise as it promotes the application of the nourishing particles of the aliments to the various parts of the body. It is a general

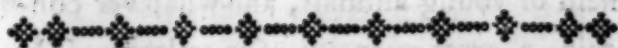
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ral remark, that those members grow most which are most exercised. On this principle, therefore, those exercises, which affect the whole most uniformly, are the best adapted to produce the desired plight of body ; and these are either riding or walking, but chiefly the latter, which ought always to be taken before meals ; but never continued so long as to excite fatigue.

I have now discussed the three great circumstances on which depends the highest degree of personal beauty, for the attainment of which we can receive much assistance from art ; and have prosecuted the subject with the greater pleasure, in that it not only leads us to a knowledge of the physical means of procuring the *embonpoint*, but likewise to the preservation of health, and improvement

ment of the complexion; for these are intimately connected together. Allow me to add two other causes, no less conducive than the former to the purposes above-mentioned; namely, moderate sleep and tranquility of mind.

LET



## L E T T E R XIII.

**A**S my last letter contained an account of the *embonpoint* with the causes which produce it, I shall next enter upon the consideration of those two habits of body which are the greatest deviations from it, and consequently injurious to personal appearance. You will easily apprehend that I mean leanness and fatness. I shall begin with leanness.

The causes of leanness may be reduced either to a defect of all the circumstances which have been enumerated as productive of the *embonpoint*, or to excessive evacuations. When occasioned by the former, the cure consists chiefly in the use of a balsamic and nourishing diet; such as chocolate, sago, milk, eggs, jellies, the  
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flesh

flesh of young animals, and whatever contains a great quantity of mucilage. The sleep should be longer than usual, the exercise no more than what is necessary to preserve health, and the mind should be kept easy and undisturbed. When this habit of body proceeds from excessive evacuations, these ought first to be restrained, and the body be afterwards nourished, by the method above mentioned. But, as that kind of leanness is the consequence of some internal disease, the consideration of it falls not properly within the compass of my plan.

Let me here again recommend to you, Ladies; it is so essential an article that it cannot be too often repeated; let me again recommend to you a particular attention in sufficiently chewing your food; for a defect in that circumstance, occasioned commonly by the badness of their  
teeth,

teeth, is the most general cause of leanness in old people.

A thin habit of body is more universal in hot climates, than in those which are cold and temperate; and is likewise most natural to people of warm constitutions. There is no part of the world where the art of altering this habit of body is so diligently cultivated as at Cairo. For as the Egyptians love women mostly on account of their fatness, the methods of rendering themselves as bulky as possible, are as much studied by the female sex in that country, as those of improving the complexion by the European ladies. It is no uncommon thing in Egypt, to see women of so enormous a bulk that they can hardly move; so that they are generally confined to their bed. This, indeed, is a pattern which I hope never will be copied by the British fair: but as a profe-

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cution.



cution of the methods practised by the Egyptians for that purpose might, when used in a moderate degree, be of advantage in altering too spare a habit of body, I persuade myself that a recital of it will not be unacceptable to my amiable correspondents.

The custom of the Egyptians, then, in order to attain extraordinary fatness, is, to bathe themselves several days successively in luke-warm water. During the time they are in the bath, where they generally remain some hours, they take every half hour some broth made of a fat pullet, stuffed with sweet almonds, hazelnuts, dates, and pistachio-nuts. After four doses of such broth, they eat a fat pullet entirely, except the head. On coming out of the bath, they are rubbed over with perfumes and sweet-scented pomatums : after which, some of them  
take

take myrobalans before they go to bed, whilst others take a draught, prepared of gum tragacanth and sugar-candy.

Such is the method practised by the Egyptian women for rendering themselves fat; and it is certainly conformable to just principles. For nothing is more requisite for that purpose than supplying the blood with nourishing particles, and deriving them to the skin by the relaxing influence of the warm bath. This method, I own, might prove injurious to persons of a very weak state of body, and those who are soft and flabby; but to such whose skin is rough, scraggy, and dry, it would undoubtedly be of advantage. Where the warm bath is judged unsuitable, gentle friction, with a soft flannel cloth, might be substituted in the room of it; and this was the common practice of the ancients. But I am teaching the

art of becoming fat, to those who are, in reality, the remote cause of leanness in others. For, is there any thing more proverbial, when a young man becomes lean without a sensible cause than to say, that *he is in love*? And that love more than every other passion has actually the effect of producing leanness, is a matter beyond contradiction. It is verified by daily experience; and I could adduce many instances of persons with whom I have been acquainted, who were almost reduced to skeletons by the violence of that affection. But as that would be an invidious task, I chuse to illustrate the truth of the remark, by an anecdote taken from history.

Antiochus, a young prince of Asia, of a good habit of body, declined daily in his health, while there was no apparent fault in his constitution. Many opinions  
were

were formed of the cause of his extenuation, and many methods practised to remedy it, without any effect. It was at length discovered, by the sagacity of Erasistratus, a physician, that he was in love with his step-mother Stratonice. What was the consequence? The virtuous, but sympathizing queen, being informed of the affair, determined to soothe by all the arts of complacency a passion which honour, and the near relation in which she stood to him, could not permit her to gratify. She condescended to declare a mutual affection; and that, though the will of Heaven had interposed an eternal bar to their union, he should ever possess a principal share in her heart. From that moment, the tide of life, which had long been retreating, began again to flow in its wonted current; and, in a short time he was restored to perfect health.

As probably you may be curious to know the circumstances of a transaction, which places the sovereignty of your sex in so conspicuous a point of view, I shall relate to you the manner in which this secret passion was discovered.

Erasistratus being one day feeling the pulse of his royal patient, when Stratonice by accident entered the room, he found it instantly fluctuate in an unusual manner : the prince's heart beat with extraordinary emotion ; alternate flushings and paleness overspread his countenance ; his eyes, which were fixed on the queen, languished with desire ; his breast heaved with sighs ; a cold sweat broke forth, and he fainted.

It is generally supposed, that this learned physician had acquired his knowledge of the symptoms of love, from the admirable description which is to be found of them in the celebrated ode of Sappho.

L E T.



## LETTER XIV.

HAVING, in my preceding letter, treated of the causes and cure of leanness, I come now to consider the opposite deviation from the *embonpoint*, which is that of extraordinary corpulency, or fatness.

It is observed, in general, that women are more disposed to fatness than men: and the reason of this is obvious. For, besides that their fibres are originally of a more lax and delicate texture, and thereby yield more easily to an accumulation of juices, they perspire much less than the male sex. They are also less exercised to study, and hard labour, or exposed to the inclemencies of heat; all which are known to extenuate the body. I for-

bear taking into consideration an argument which is often insisted upon by our honest big-bellied people ; I mean the circumstance of *good-nature*, as I am much inclined to question its reality. But if any of that class should differ from me in opinion, I hope they will shew their *good-nature* by excusing me for it.

The causes of corpulency are, in general, all those which have been enumerated as productive of the *embonpoint*, existing in a greater degree. The prevention, and cure of this habit of body, is therefore to be obtained by the use of a diet and regimen directly opposite to what was recommended for leanness. The meat ought to be taken in somewhat less quantity ; or, at least, be of a less nourishing kind. For this intention, salted meat is preferable to fresh. Malt liquors, as they abound in mucilage, should not be much indulged



indulged in. The sleep should be shorter, and the exercise greater. Acids also, which are hurtful to lean people, might here be used more freely; such as vinegar, the juice of lemons, and the like.

Fatness and leanness, as they are opposite to each other in their nature, differ also in this respect, that the latter is generally equal and uniform over the whole body, whilst the former is most conspicuous in particular parts, as the belly in men, and the belly and breasts in women. For which reason, besides the observance of a suitable diet, and way of living, applications to the parts principally affected, are of advantage in reducing corpulent habits. Common salt, inclosed in a fold of thin linen, and wore round the belly, in the manner of a girdle, has been found of great efficacy in diminishing fatness. This application, would, no doubt, exert  
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the same influence on the breasts; but the inconvenience of wearing it on a part so much exposed to view, has suggested the contrivance of other expedients for that purpose. The means therefore, commonly used, are, to foment the breasts frequently with some liquid of a binding and astringent quality; such as vinegar, brandy, alum dissolved in water, or water in which oak-bark has been boiled. These applications, indeed, are not so efficacious as salt, because they do not act in the same manner; for the salt dissolves the fat which is collected in the parts to which it is applied, and thereby prepares it to be carried off by the outlets of the body; while the fomentations, by contracting the skin, only either drive back the fat, or prevent it from lodging in a greater quantity. From this view of the manner of their operation, the fomentations would be  
much

much more successful if they were had recourse to after the use of the salt. The leaves of baum, bruised, and applied to the breasts, have also been recommended as effectual in preventing them from growing big : and Pliny asserts, what is known from experience, that the fish *esquadre*, applied to large hanging breasts, lessens them so much by its astringent quality, that they become like the breasts of a young virgin. This instance affords a strong argument for the use of other astringent remedies, where that fish cannot be procured ; and it is owing to the application of such, that the women in Circassia have their breasts, even in old age, as firm as the European women in the bloom of their youth. I know it is objected to this practice, that by the continued use of it, the breasts may be rendered so firm and compact, as not afterwards to yield easily

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to the entrance of the milk, upon delivery. But that apprehension is entirely groundless: for no means which are used only to prevent a part from being stretched beyond its proper dimensions, will ever affect a capacity depending on its natural state: and though there are no women in the world so much addicted to this practice as those of Circassia, I can positively affirm that there are none who yield milk in greater abundance than the females of that country, or whose beautiful and healthy offspring do more credit to the manner of nursing them.

From what I have mentioned concerning the great efficacy of salt, applied outwardly for diminishing fatness, it may naturally be supposed that, when taken inwardly, it will answer the same end; and this conclusion is actually confirmed  
by

by experience. Common salt not only dissolves the humours, but also purges, if used in some quantity; at the same time that, by hardening the fibres of the body, it disposes them to afford less room for the accumulation of fat. I would not, however, recommend an immoderate use of that article, as it might give too much sharpness to the blood, and occasion eruptions on the skin: but that other salts, taken occasionally as purgatives, such as those of Epsom, Glauber, or Rochelle, would be highly beneficial in corpulent habits of body, is known too well from experience to require confirmation. The cold bath is likewise very advantageous in reducing corpulency, if a purge be now and then interposed.

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I have been the more copious on this subject, on account that excessive corpulency is not only extremely inconvenient to the individuals who labour under it, but is also productive of consequences injurious to the happiness of society, which are barrenness in women, and inactivity in men.

LET-



## L E T T E R   X V .

**T**HE train of thought, in which I have been engaged in my three preceding letters, lead me naturally to inquire into the grand and fundamental causes which may affect either the health or beauty of my cotemporaries, as they are to be traced in the accidents and customs of the late and present generations.

The degeneracy of our constitutions, in point of strength, for many ages, seems to be a truth which can hardly be questioned : and, indeed, if we consider the great innovation, both of luxury and diseases, which has happened in almost all the countries of Europe, in the space of somewhat more than two centuries, we shall not be surpris'd at the fact.

Without



Without having recourse to the evidence of history for the gymnastic exercises, practised by the youth among the ancient Greeks and Romans ; without mentioning the tilts and tournaments, and hardy manner of living, of the former inhabitants of our own country, all which must have increased the vigour of the constitution ; I shall only appeal to the records of physic, to prove what deplorable calamities, unknown to our ancestors, have arisen, or been introduced amongst us. In short, one would almost be inclined to imagine, from such a retrospect, that the fatal box of Pandora, which was feigned by the ancients to have first poured forth diseases among mankind, had burst upon us again with disasters more dreadful than ever.

In the terrible catalogue with which I am to present you, I shall not insist upon  
the

the small-pox, since that dreadful enemy, who has so long infested the seat of beauty, is, at length, almost totally overcome. Let me only acquaint you that the method by which its virulence is evaded, was first discovered, and has long been practised in Circassia.

The first, then, I must mention, is a disease of another name, too indecent in its origin, too horrible in its effects, to describe. As if unfit to be engendered in Europe, Asia, or the quarter of the Hottentots themselves, this infernal monster was imported from a new world, from amidst a race of savages, as black in barbarity as in nature. O! can all the gold and silver of Mexico and Peru; can all the flaming diamonds of Potosi, compensate for the horrid invader? You know not the monster, Ladies; and God forbid you should ever know. But has he not

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instilled

instilled his poison into men of the most exalted blood in Christendom? And, I shudder at the thought! has he not entailed weakness, not to say deformity, on thousands who fly from his contact? Will he not entail them on generations of innocents yet unborn? What horrible depredations have been committed on beauty, what constitutions have been sapped, and what lives sacrificed by this insatiable Moloch, a volume would not suffice to enumerate: let me therefore pass to the succeeding calamity of our country.

The next terrible enemy to health and beauty that arose, was a native of this very island. Weakness and luxury were the parents of this detestable tyrant, who seeming to be actuated by the principles which produced him, committed his inhuman ravages on the infant and tender generation. He fixed upon children  
from

from one to three years of age, whom he moulded into all the shapes of deformity. He bent their little backs and breasts into an unsightly arch, with his cruel hands. He stretched their heads and bellies to an enormous size. He distorted their limbs. He made their joints that they were horrible to behold; and he consumed their flesh. Not content with destroying every outward grace and form, he poured his baneful influence into the innermost recesses of health and strength. He almost burst their tender hearts with weakness. He scattered obstructions in their bowels. He corrupted the marrow, and dissolved their bones almost to jelly. Those children who were under three years of age, might, by proper assistance, be rescued from the chains of this merciless oppressor; but if not succoured within that period, they either expired under the

weight of affliction, or dragged on a miserable life in incurable deformity and diseases.

I have here presented you, Ladies, with an allegorical picture of a distemper which appeared first in England about a hundred years ago, and is called the *rickets*. Is it possible to view it without horror? or, shall we not renounce the causes which can produce such frightful deformity? O! whether now you fondly dandle on your laps the infant pledges of connubial affection, or look forward to the future enjoyment of a progeny as beautiful as yourselves, resolve to prevent the causes, which might disappoint your darling hopes. Be it every morning your pleasant task, to dip the little infant in the crystal stream. It is that which will give it vigour; it is that which will prevent its deformity. Let not compassion  
restrain

restrain you from the wholesome severity. Who in age, would not wish for the irrevocable days that could alter the faults of their constitution? O! then, persevere with alacrity. Your little nayads will bloom from the transparent flood, beautiful as Venus when she rose from the sea: the little heirs of your families will rise from the immersion, strong as the brawny god of ocean.

Heaven and earth! who now comes upon us? As my soul forebodes, it is Legion! Lo! what a motly multitude of lame, of halt, of deaf, of dumb, of blind! Who are those whose mouths are distorted, and whose heads and limbs are shaking as the leaves of the forest? Now, what are these who are falling? What horrible convulsions agitate their frame! See now another hideous troop! Save me! how they gnash! how they foam!

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foam ! And what are those bloated spectacles who seem frantic with despair ? What now are they about to perform ? My God ! my God !—But turn we from the scenes of death.

Pardon me, Ladies, that I have presented to your imaginations a prospect of such horror and distress. This is the dreadful tragedy of Nervous Disorders : and I would only draw from it this moral, the most important to our happiness that ever was held forth to mankind, that luxury, destructive luxury, has been the source of almost all our calamities. The intemperature of the air and seasons, the various accidents of life and the passions of the mind, which affect the constitution, have ever been the same in all ages. It is therefore not in these that we are to seek for the degeneracy of our constitutions : it must alone be attributed

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to that excessive luxury and effeminacy, which has over-run, and enervated the politest part of the nation, for almost a century past. Before that æra nervous disorders were extremely rare amongst us, and the rickets was absolutely unknown.

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## L E T T E R . XVI.

**L** E T us, for a little take a view of the articles of luxury, and consider wherein they are prejudicial.

I might here examine into the qualities of the various articles of a modern sumptuous entertainment; but as so minute an enquiry would draw the subject to too great a length, I shall only observe in general, that from the richness of the sauces made use of, the high flavour of the ingredients, and their excessive multiplicity, they are extremely prejudicial to health, not only by soliciting to intemperance, and thereby hurting digestion, but also by producing crude humours, and irregular ferments in the blood. For these reasons I have always been of opinion

nion with Mr. Addison, in his Spectator,  
 that when I behold a fashionable table  
 set off in the pomp of modern luxury,  
 methinks I see the rudiments of gout,  
 dropfies, palsies, and a thousand diseases.  
 Even the curious and delicate desert is  
 not exempted from its baneful effects, as  
 I could also make apparent by investigat-  
 ing the several articles of which it ge-  
 nerally consists; but sugar being the uni-  
 versal ingredient in their composition, and  
 that which renders them most pernicious,  
 it will be sufficient to make a few remarks  
 on the effects of that commodity. The  
 first and most obvious influence of sugar  
 is exerted upon the teeth, in which, by  
 being habitually used, it most certainly in-  
 duces a blackness and total corruption.  
 To be satisfied of this fact, we need on-  
 ly look at the teeth of those who indulge  
 themselves much in sweet-meats. This  
 baneful

baneful consequence may, no doubt, be much retarded, by carefully washing the teeth after every meal. But pray, shall we be so incontinent in the palate, as still to be compromising with so injurious a gratification? It is far from my intention to prohibit the use of sugar entirely at our tables. It was given us by Providence for innocent purposes; and why not use it in moderation? We may, therefore, very properly mix it with such dishes as would otherwise be unpalatable; but is there any reason for eating it with ripe fruits of an agreeable taste? And yet these are the very articles with which it is most liberally used. Nay, do we not compound a thousand substances merely to serve as vehicles to this delectable poison? In my letter on the *embonpoint*, I have already shewn you the great importance of the teeth for the preservation of health and the comeliness of the whole body; and how agreeable to the sight are a fine set  
of

of teeth, I certainly need not inform you; and I hope, therefore, it is unnecessary to insist any more on this subject. But the pernicious effects of sugar are not confined to the teeth alone; for when it has lain some time in the stomach, it actually becomes sour; and what diseases result from humours of that quality, would now be too tedious to mention. You will think this change perhaps incredible, and imagine that I only alledge it to enforce my admonitions; but it is a matter of fact. Many of you certainly know, that if you put sugar and water into a vessel, and keep it a due time in proper heat, they will be converted into vinegar. The same fermentation and consequence happen in the stomach, but far more speedily; and they will be proportionally more violent in persons of a delicate constitution, and whose digestion is slow.

L E T-





## L E T T E R   X V I I .

**I** Am afraid, Ladies, that by this time you begin to think me a very officious correspondent: be assured, however, that it is only my extraordinary zeal for the preservation of your health and beauty, that excited me to the freedom I have taken. For, had I been less conscientious in the discharge of the duties of my profession, I might easily have encouraged you in the most luxurious gratification of your appetites. The prosecution of my subject now leads me to follow you into the drawing-room, where I beg you will hear me with patience.

The entertainment to which we are now assembled, is tea and coffee. Methinks I see a thousand pretty creatures  
now

now tittering and exclaiming with such an arch and insinuating smile, that I can scarcely resist acceding to their opinion; *Sure, Doctor, here is simplicity enough; here can be no vicious ferments, nothing to heat the blood; no distemper can lurk in a dish of tea or coffee.* Pardon me, my dear Ladies, that I am again under the cruel necessity of opposing your sentiments. I grant that there is simplicity enough in this delightful sphere of elegant and social gratification. There are, indeed, no vicious ferments in the agreeable libations before us; nor is there any thing that heats the blood: but I am sorry to affirm that more distempers lurk in a dish of tea or coffee, I mean not one but several, than perhaps in all the other articles of modern luxury. I own that we have not yet discovered any inherent qualities in the substance of tea or coffee, which can  
render

render them hurtful to the constitution. Indeed, few experiments have been made for the purpose: and I could heartily wish that the good country-woman, who, having got a quantity of tea which she knew not how to use, boiled it into a thick mess for her family, had been allowed to proceed in her own way, and that we had been informed of the consequences. This must have ascertained the matter beyond dispute. But having no such experiments by which to determine, let us consider the natural effects of tea and coffee, taken in the manner they are prepared. Tea is infused, and coffee is boiled, in water; and both are usually drank warm. Now it is certain that nothing has a more powerful influence in weakening the stomach and the whole body, than sipping of warm water. Do we not know that warm water will soften some of the

toughest substances in nature? And if we are certain that a piece of leather, which before was so hard as not to be bent by much force, shall, upon being drenched in warm water, become almost as flexible as a bit of muslin; I say, if we are certain of this, can we doubt of its efficacy in weakening and relaxing the body? Considering tea and coffee, then, in this view only, they must, when freely and habitually used, be highly prejudicial to the constitution. What else than excessive weakness is the cause of all nervous disorders? and what so apt to occasion them as whatever produces that weakness? I cannot, however, give up the point, that tea and coffee have actually, in their nature, a peculiar tendency to cause nervous disorders. I appeal to yourselves, whether after drinking several dishes of tea or coffee, you have not felt some unusual

fual symptoms about you. Have you never felt the smallest lightness or giddiness in your heads? for I hope these are symptoms which you seldom experience. Have you never felt the least fluttering or palpitation over your bodies? I exclude such as proceed from too much dancing, or any passions of the mind. Have you never found yourselves more than ordinarily disposed to watching in the night? I would here, likewise exclude such watchfulness as ought to be attributed to some other cause. If you really have experienced these symptoms, you must admit of a pernicious quality in the substance of tea and coffee: for no such consequences ever immediately follow the use of milk, whey, broth, or even water-gruel, which ought to be as relaxing as tea or coffee, though they be taken equally warm, and in much greater quantity.

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But perhaps, what I heartily wish may be the case, your constitutions are so good and strong as not to be easily affected with any irregularities in diet. Let us then have recourse to the testimony of those, whose nerves are weaker, and therefore more apt to be moved by whatever is prejudicial. I solemnly declare, that among all the people I have seen in nervous disorders, I never knew any who were not sensibly affected, either with a trembling of the hands or some of the symptoms above-mentioned, after drinking freely of tea or coffee; and I call upon thousands to confirm it. Upon the whole, I think we must allow, from the most unquestionable experience, that there are in tea and coffee qualities pernicious to the constitution; and that these liquors, if not wholly renounced, which indeed is what

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I scarcely dare insist upon, ought at least to be used with great moderation. I would not be understood as if I confounded the qualities of tea and coffee together, or thought them equally destructive in all constitutions. Coffee seems to be less hurtful to people of a moist habit of body, and who live in wet climates; and the reverse is the case in regard to tea; but both are certainly injurious to the nerves.

After this positive and undeniable conclusion, I shall leave the inference entirely to yourselves, without mentioning a prohibition, which your temperance, in every other article of diet, makes me loth to enforce.

LET-





## LETTER XVIII.

**Y**OU probably imagine I have now exhausted this tedious subject; for what other kind of luxury, you will say, can affect the constitution than that of the table? I hope, however, to convince you that such there certainly is, and the scene of it lies partly in your bed-chambers. Nay, startle not, my beautiful Ladies. No indecent allusion nor stoical sentiment, shall be suggested in your sacred recesses.

I have formerly had occasion to mention the advantage of exercise for preserving health; and am confident that the degeneracy of our constitutions is in a great measure owing to a defect in that article. It was the custom of our ancestors,

tors, before the introduction of luxury, to go early to bed: the consequence of which was, that they rose much sooner in the morning; and almost the whole, even of the longest day was devoted either to business, or the amusements of those times, which were not of the sedentary kinds now in use amongst us. By this and the simplicity of their diet, their constitutions were preserved in full vigour, which is still the case in the country, and among such of the people whom fashion has not yet corrupted, or whose fortunes do not enable them to enter into the modes of dissipation. I don't know but it is as much owing to these circumstances as the difference of air so much insisted on, that a country life has always been thought the most healthy. For we do not find in fact that such of the inhabitants of great towns, who are luxurious or inactive;

active, are either weaker in their constitutions, or more disposed to diseases. We must except such diseases as are infectious, since these are only more general in towns from the frequent opportunities of contagion. But whatever effects may result from the diversity of a town and country life, it is certain that there is an infinite difference in point of health betwixt a life of activity and indolence; and this is the whole I would insist upon. Let me now present you with the journal of a town-life passed in the politest and most fashionable manner, and see how far it is consistent with health, as depending on the use of proper exercise. I need only trouble you with the occurrences of two or three days; for that will be sufficient to include all the variety in London.

Let us suppose, it is now Sunday. If you intend going to church, or the cha-

pel-royal, you are up this morning about nine o'clock. As you have only two hours to dress, if for the one, and three if for the other, your tea is drank this morning somewhat warmer than usual, and there is less of the *bôn ton* in the conversation. At eleven or twelve, your carriage transports you to the place of rendezvous. When the tedious formality of the chapel is over, you step into the drawing-room, where you generally pass an hour or more in the great circle. You are then transported back to your several habitations. I compute that the longest time that any of you are in your carriages this morning, does not exceed twenty minutes, and with most of you not half so much. Time being very heavy upon hand to-day, it may happen that you take an airing in Hyde-park ; but this is seldom the case, excepting with valetudinarians. The interval

terval till four o' clock, is either spent in reconnoitering some pretty figures in your looking-glasses, or perhaps on the sofa in the drawing-room, where the subject is usually some phœnomenon of the day, or the charming performance of a singer at the opera the preceding night.

From this scene you are summoned to dinner. The convivial entertainment, we may suppose, lasts till near six, when you again retire into the drawing-room. If you don't make a party at home in the evening, I will allow that you go the route of some fashionable lady of your acquaintance. During the continuance in this gay assembly, the whole of your exercise consists only in the trifling motion of your right-hand, which, at a moderate computation, does not exceed five times in a minute, besides a few shufflings and dealings. About eleven o' clock, you take

your leave, if you don't stay supper, and you are again transported home. At the largest computation, the time you have been in your carriages this evening in going and coming, does not exceed fifteen minutes, though your house should be in the remotest quarter of polite resort ; for at this time the streets are less obstructed with vehicles, and your coachmen have got more porter in their heads. If you have been successful in your last excursion, your stay in the dining-room is pretty long protracted, and the conversation is extremely brisk and chearful. But if unfortunately the case has been otherwise, it is possible you retire before one. I shall allow you an hour to reckon over the rise or fall of stocks, and undress yourselves for bed ; and it may probably be another before you be disposed to sleep. This day has been extremely mispent :

for you have been greatly defective in point of exercise; and considering the insipidity of the morning, and the fluctuation of passions with which you were agitated in the evening, together with ther late termination either in triumph or anxiety, I am very apprehensive of your rest. May the balmy power of sleep shed his softest influence on your slumbers !

L E T.





## L E T T E R   X I X .

**L**ONG has Aurora forsaken the bed of Tithonus ; the lark has sung his early matins ; the dissipated youth has just left the haunts of pleasure ; the clamorous lawyers are bellowing in Westminster-hall ; when, hark ! the bell rings for Betty. Hail ! now, my waking beauties that rise to add lustre to the noon.

I shall not intrude on you this morning till you have finished your tea, lest I should be inclined to repeat the lecture I formerly delivered in the drawing-room. Breakfast then being over, it is very probable that you may take a trip to the mercer's, or milliner's, or perhaps to an auction, after which you drive home. If in this excursion, you should pay any visit, it is  
generally

generally but little out of your way. The whole time you are in the carriage this morning, I suppose does not exceed half an hour. The remainder of the day, till four o'clock, is spent at the toilet, and in sitting under the hands of the fri-seur. I could name some ladies who patiently sit four hours together to that ridiculous animal. At six o'clock, it is very likely that you go either to Drury-lane, or Covent-garden, where you sit for four hours more. The whole time you have spent in exercise this evening, whether in a coach or chair, may be from six to eighteen minutes. As I have now extracted all that was for my purpose in the occurrences of the day, I shall leave you till to-morrow; for the emotions I felt last night at seeing you to bed, would make it imprudent again to indulge myself in a scene of so much temptation.

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The day we are now in is spent exactly as the former; but I must beg for a particular reason, that to-night you will go to Almack's, for Mrs. Cornelys's is not till Thursday; and, after so many days in which you have had so little exercise, I am anxious that you should take a dance.

The evening and the morning is now the fourth day. The sun shines forth delightfully, and the streets are perfectly dry. I may now tell you, Ladies, the secret reason why I mentioned your going to Almack's last night. I have been so long insisting on the baneful effects of luxury, and the degeneracy of our constitutions, that I was very desirous of illustrating them by an example; and I know that some of your partners at the ball, will call on you this morning. Hark! there is a knock at the door. It  
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is Florio ! The fopling comes in a chair. Florio is the heir apparent to an ample fortune, and bears a commission in the army. He is now in the twenty-fifth year of his age, and about the fifty-fourth of his constitution. What fragrance he diffuses around him ! His delicate fingers sparkle with jewels. I can distinguish the wash upon his face. Mark his languishing air,— his lisping, and effeminate accent ; a woman in all but in person. O my country ! is such the martial race that is chosen to defend thee from thy foes ? Are such the manly youths who shall possess thy treasures of beauty ?

Florio is the grandson of a person who struck terror into the armies of our enemies. His father, who inherited a good constitution, being early initiated in the growing luxury and dissipation of the  
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age, contracted a nervous disorder. To restore the vigour of the family, his children were bred up in all the delicacies which an affluent fortune could afford. Their stomachs were but weak, and therefore they must be pampered with the nicest products of the kitchen. They were hurt by fatigue, and sedentary amusements were prescribed them. But the error of the parents confirmed the degeneracy, and the eldest is the Florio you have seen.

Allow me to conclude my letter with a contrast to Florio, which I am pretty confident will hold good in every circumstance. The story is taken from the records of the last century, and places both the causes and effects of the degeneracy of our constitutions in a very striking point of view.

In the reign of king Charles II. one William Parr, who was then in the hundred and twentieth year of his age, and married, was accused of too much familiarity with the wife of another man. The old culprit thought to defeat the prosecution by pleading incapacity. I forbear mentioning the circumstances by which his allegation was refuted, but, in short they were too glaring not to be sustained against him. This man had always used a simple diet, sufficient exercise, and gone early to bed.

LET-



## L E T T E R XX.

**I**F the journal I have drawn for your inspection is just, and fairly exhibited, what shall we think of the tendency of a life of polite dissipation? Scarce more than half an hour in the day, is employed in any kind of profitable exercise: and if we consider the present smoothness of our pavement, how little advantage can you reap, from the rolling of your coaches in that time? I should really be inclined to prefer a chair, as the most beneficial kind of vehicle. For, besides that the progress of the porters being slower than that of the horses, and your thereby enjoying motion a longer time, you are also more sensibly agitated: every step the porters make, if they go at a good rate,



rate, you are moved with an agreeable jerk. For my own part, I can never see you bounding prettily along in your little machines, but my heart corresponds to the motion, and I am almost set a-dancing with I don't not know what transporting ideas.

Let us now take a short view of the grand amusements which chiefly employ your time, and examine how far they are either useful or injurious to health and beauty. These then are cards, theatrical entertainments, and balls.

The original intention of cards, is to pass agreeably the vacant hours, when people are either tired, or not disposed for other occupations, and when the badness of the day, or the advancement of the evening, will not admit of taking exercise abroad. If in this way they were confined merely to an occasional amuse-

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ment, when company are met together and conversation became languid, the use of them would be extremely justifiable, providing that they are not allowed to engross too much of our time ; in which case, they produce all the bad consequences of indolence : besides that they often encroach upon the seasonable hours of rest. I might add, that the intemperate passions which they excite when the game runs high, are not only derogatory to female softness, but may actually be injurious to the features. We read of a shepherd, who, by long accustoming himself to an exercise of keeping up two balls in the air at once, contracted a great severity in his countenance ; and why an attachment to a game, in which, on account of the stake, the anxiety and attention of the mind may be supposed greater, should, in time, not produce equal

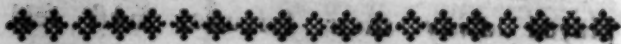
equal

equal effects, I can see no reason to alledge. Indeed, the hopes which are natural in matters of chance, and the joy and triumph which frequently intervene in the ordinary course of such games, may preserve a vacancy in the face for a longer time ; but many have I known, who, by a continued run of bad fortune, have contracted a dejection which never afterwards forsook them. I have also known ladies, who, from being accustomed to a strong expression of their passions at cards, such as fear, jealousy, anger, and disappointment, have fallen into a habit of knitting their brows, turning up their nose, and pursing their mouths, on the slightest, and most trifling occasions. Nothing certainly is more hurtful to beauty than this kind of grimace ; for it not only distorts all the features during the time it is exerted, but produces wrinkles in the

forehead, which no future care can destroy. Where card-playing, therefore, is practised as an occasional amusement only, I would vindicate the use of it, in opposition to all the narrow prejudices of fanaticism and bigotry; but if it is indulged beyond that point, and either breaks in upon the more important offices and natural vicissitudes of life, or discomposes the mind; were it in the midst of the gayest assembly, I would not be content with throwing out a few unnecessary cards, but would discard the whole pack as pernicious.

I have said nothing of that abuse of cards by which they are rendered prejudicial to our fortunes, as my design all along has been to consider the customs amongst us, in so far only as they have an immediate influence on health and beauty. But, indeed, when we reflect on  
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the anguish of mind which such as have played away their fortunes must feel within themselves, and know how necessary tranquillity is to the preservation of health and beauty; can we imagine a more deplorable accident, in the natural evils which follow it, than that I am speaking of? An extravagant passion for gaming is a folly in which, to the honour of the sex, the women are less culpable than the men; and I hope they never will give way to a practice which is productive of such fatal calamities.



## L E T T E R   X X I .

I Am now come into the habitation of the Muses, where human life is exhibited in magic scenes, as in a mirror; where every virtue, every vice, every folly and character are exposed to observation; where sentiment and passion conspire to improve the mind; where beauty, my Fair! imperial beauty reigns triumphant, and love leads heroes in chains. There is no kind of sedentary and inactive amusement which may be indulged with less injury to health, than the elegant entertainments of the theatre. For as the time of representation, particularly in the capital, is in a season when the evenings are unfit for walking, and concludes at a moderate

rate hour, an attendance at plays neither interferes much with exercise nor sleep. The greatest inconvenience to which it is ever liable, is a heat, and closeness of the air in the house, occasioned by such a croud of people being shut up together, by which I have sometimes known women to faint: but such an effect only happens to those of the most delicate constitutions, and is easily remedied by exposing them to a freer air, or setting the ventilators a-going. Here, likewise, there being no sordid motives to influence the mind, nor the catastrophe or event of the play producing either profit or loss to the spectators, the passions which are excited are not only more generous, but uniform through the whole audience, and though sufficient to maintain our attention, do not transport us with that violence which is often observable in gaming.



ing. Even in tragedy, where the mind is most warmly agitated, the passion principally touched is that of pity, which, with all the art of the poet, and address of the actors, seldom or never throws the audience into any vehement emotion, or leaves on the mind any impressions unfavourable to tranquillity. As the passions excited by theatrical entertainments and gaming, are different in their nature, one being of the social, and the other of the selfish kind, so likewise is their influence on the features. The expression of a generous passion in the countenance, such as pity and indignation, is so far from giving a disagreeable cast to the features, that beauty never appears more lovely than in such circumstances. I had rather see Almeria with the tear trickling down her fair cheek at the mournful fate of Desdemona, than behold her exulting  
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in the spoils of the richest card-table. But who would not think Isabella more beautiful had she somewhat less haughtiness in her mien? The appearance of an amiable disposition, as expressed in the countenance, seems absolutely necessary to a total conquest of the heart. This observation would lead us to an auxiliary art of improving beauty, which is by cultivating good-nature. But as I have no reason for thinking you deficient in so essential a quality, I shall not insist upon it: only having brought you into the mansion of the tragic and comic Muses, it would have been unpardonable not to draw some moral from our subject for the use and advantage of beauty.

E E T-



## L E T T E R   X X I I .

**T**HE amusement I am now to consider, is that of balls, or dancing. This is the most antient and universal of all domestic entertainments : for we find mention made of it in the earliest writers ; and there is no nation, polite or rude, where it is not practised. It must have had its origin in the golden age of the world, when mankind being but few, and living mostly on the fruits which the earth produced without culture, they passed their days in ease and abundance, under skies the most serene and delightful. The natural effect of all these circumstances was, to inspire joy and gaiety of heart, which, just as their little kids and lambs, they testified by leaping and

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frisking.

frisking. The same joy and gaiety influencing both sexes alike, and also favouring the natural love which they had for each other, the shepherds and the shepherdesses joined together in the rural sport, and so formed the rudiments of dancing. This is the only amusement whose origin I thought necessary to give any account of ; and my reason was, that, by deducing it from the natural impulses of the heart, and from ages of the greatest simplicity, I might vindicate so elegant an exercise from the ridiculous objections of those splenetic enthusiasts, who, as enemies to every social enjoyment, would expel it from Christian society. But, leaving such philosophers to their whimsical lucubrations, let us consider dancing more attentively, as an exercise.

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In dancing, the body is kept erect and almost all the muscles and joints are put into action. The consequence of this is, that not only the circulation of the blood is rendered brisker, and the mind more chearful, but a more graceful deportment is acquired, and the limbs are preserved pliant, at the same time that their vigour is increased. I have said that dancing renders the mind more chearful, and whoever tries the experiment, will be convinced of the truth of it. For besides the mechanical effect of the exercise, and the enlivening airs of the music which commonly accompanies it, there is a kind of irresistible force in the graceful motion of our partners, soliciting us to good humour, that must bend the most stubborn severity: There is certainly no kind of domestic amusement so well adapted for the cure of low spirits, or that sort of  
lift.

listlessness and anxiety which ladies are frequently subject to during the tedious intervals of recreation. It not only enlivens the melancholy, and rouses the indolent, but it polishes the rustic, remarkably softens rugged tempers, and, above every other exercise, sets off beauty to the greatest advantage. I need add no more in recommendation of this elegant amusement, than that the great Socrates was a professed admirer of it.

Considering the many advantages of dancing, I cannot help regretting that it is not more practised amongst us : I don't mean in the schools, for, as a genteel accomplishment, it is now pretty generally taught, but only in our assembly-rooms. Once a-week is the most that we have any public ball, and private ones are very rare. Now this is by no means sufficient, especially in the winter. It is usual  
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with the women of Circassia, and likewise those of Turkey, to devote a considerable part of the day to dancing among themselves; and I sincerely wish that the custom were adopted by the British ladies.

I am certain that this method of dancing a little daily, would be greatly conducive to health; and if it is the custom in the Turkish *harams*, where the serenity of the sky allows the women to walk in their gardens at all seasons, without interruption, it is undoubtedly more expedient in our changeable climate, where, during a wet season, ladies often complain of such ailments as dancing would either cure or prevent.

L E T.





## LETTER XXIII.

**I**N the conclusion of my last letter I took notice that the Turkish women frequently walk in their gardens; and I am sorry to observe that this is another exercise which is too little used by the ladies of our country. It may be accounted for by two reasons: The first is the difference of the climates, already mentioned, and the other is that of polygamy, or the custom of having more wives than one; which being unknown in Britain, and our married women having thereby a closer attachment to the interest of their husbands, they are more disposed to industry than the females in

in Turkey, who are kept in a state of servitude and confinement, and whose love for their husbands must be weakened by his affection being shared among many. This reason which, in the mean time, does the greatest honour to the virtue of the British ladies, accounts clearly why, among us, the bulk of the married women are observed to take so little exercise; and, whatever is the custom of mothers, in this respect, will naturally be adopted by their daughters. Now, as female employments are mostly all of the domestic and sedentary kind, the more they apply to them, the more do they require intervals of exercise; for, in fact, what is unfortunate, their industry produces the effects of indolence. As to such of our ladies whose rank and fortunes

tunes afford them more leisure for amusements, they are likewise very defective in the healthy exercise of walking. There are some ladies who pass most part of their time in London, that scarcely walk twenty yards in a stretch, from one end of the year to the other. They will say that a town-life is inconvenient for that recreation. But that is an argument which I cannot admit: for, pray where can they find a more delightful spot than Kensington-gardens? And how soon might they be transported thither in their coaches? While I am on this subject, it is impossible not to lament that one of the finest public walks in the world, I mean the *Mall* in St. James's Park, is now almost entirely deserted by people of fashion, on account of the rabble that is permitted to infest it. Were this

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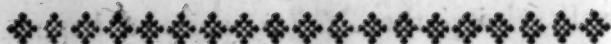
nuisance

nuisance properly represented to the worthy nobleman who is the present ranger, and did he strictly enjoin the under-keepers frequently to patrol the Park, for the sake of preventing indecencies, at the same time that the centries received orders to admit no vagrants, we might again see that noble alley restored to its original dignity and use. Were some elegant improvements also made round the Park, which might very easily be executed, it would greatly contribute to the embellishment of the metropolis. Then again might we behold the day, when the two first personages in Britain, attended by an illustrious train of princes and of nobles, shining like constellations in the milky way of heaven, or as gods and goddesses in glorious procession

cession to Olympus; when they should walk along the *Mall*; while a happy and affectionate people, transported at the royal condescension and longed-for delight, would gaze in silent rapture, or burst into acclamations of "God save their Majesties!"

M 2

LET-



## L E T T E R XXIV.

**I**T happens fortunately for our ladies, and perhaps was intended by Providence to compensate for the inconveniences of a sedentary life, that while they are too deficient in the more active and healthy kinds of exercise, there is one sort in which many of them equal the women of any country, unless we should except those of France; and it is that of the voice. I know there are husbands who don't look on this as very fortunate; but, for my own part, I am never so agreeably entertained as in the company of a beautiful female when she indulges the conversation with the greatest alacrity. It is certain that speaking was much recom-

recommended by the antient physicians in several cases ; and when other kinds of exercise are not used, it is undoubtedly of advantage. For, besides the ideas, with which the mind is entertained by the social intercourse of company, and which is the best preventive of low spirits, the trembling motion of the lungs in speaking gives a brisker circulation to the blood, and seems also to promote digestion. On this account, it is customary with some studious men to read aloud in their closets ; and for the same purpose, I wish that ladies, when they had not an opportunity of conversation, would entertain themselves with singing pretty loud. That is an accomplishment which most of you possess, and may be rendered beneficial to your health. Laughter also is extremely serviceable, when

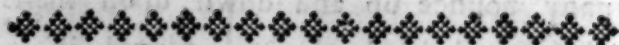


moderate, as it shakes the lungs more violently than either speaking or singing. This is the only sort of exercise which sometimes we cannot restrain. We read of an old Grecian painter, called Zeuxis, who was so much affected with the strange appearance of a figure he had drawn, that he died of laughing.

In a tedious evening, when social company are met together, some diversion, which affords a little motion, might now and then be interposed to the more inactive amusements. Of this sort we may be furnished with several from the country-wakes. I shall mention only one, which I don't select on account of its delicacy, but as it unites in its composition almost all the kinds of exercise I have been speaking of; the limbs of the body are all put into motion, the company

pany bounce up and down upon their chairs ; their heads are turned in a circular rotation ; and their voices are exerted without intermission, unless they be interrupted by laughing. This odd sort of game is called *I torment you* ; but as I begin to apprehend that it is my own case, I shall conclude this subject.

**LET.**



## L E T T E R XXV.

**I** Have now, ladies, finished the plan I proposed, and nothing remains but to inforce the precepts I have mentioned for the preservation and improvement of health and beauty. Permit me, therefore, seriously to address you concerning a reformation in such of the customs among us as are evidently injurious to those ends. The first I shall mention is the luxury of entertainments.

The management of the table is entirely at your disposal, and it is in your power to restore it to its primitive and wholesome simplicity. Though you do not indulge in this luxury yourselves, yet the sanction you give to it must produce that indul-

indulgence in others, I will not say that the viands at a fashionable entertainment are like the cups of Circe, which turned men into swine, but they are certainly of such a nature as to make men degenerate from themselves; and I am convinced that a general resolution of the British ladies for abolishing luxury, would be as strictly submitted to, and produce as happy effects in this country, as the sumptuary laws of Lycurgus did formerly amongst the Lacedemonians. Besides, what a vast sum would a retrenchment of luxury annually save to many families in the kingdom!

The next article on which I am to address you, is the pernicious practice of laying long in the morning. This is partly owing to the luxury of the table, which protracts the time of supper, and partly

partly to an unseasonable indulgence in recreations. Nothing is more effectual for preserving both the health and complexion, than the custom of rising early. It is then that the fields invite us to taste of their most fragrant perfumes, and that exercise is both most pleasant and beneficial. I will again venture to affirm that in introducing the practice of rising early, and abolishing that of sitting up late, your authority and example will be as implicitly observed as in that of the government of the table. If you have already pledged your hands at the altar of Hymen, with what joy will your husbands receive the summons to retire to the nuptial bed ! Claspings you in their arms, in a fond embrace, they will lead you along in conscious triumph, and the sportful power of love will attend you. If  
you

you have not already made happy your lovers in the virtuous enjoyment of your charms, they will vie with each other who shall most conform with a practice that will anticipate the date of their future joys. In short, your authority would be uncontroled, and I might live to see the time when, in every house in Great Britain, the lights should be extinguished at ten o'clock at night, with as much punctuality but more satisfaction, than by command of William the Conqueror, the fires in all the houses in England were extinguished at eight at night, at the alarm of the *curfew bell*.

Our lives, our fortunes, our constitutions, the constitutions of a nation are absolutely in your hands, and I may add the constitution of our country. For, what private prodigality, what consequent ne-

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Our lives, our fortunes, our constitutions, the constitutions of a nation are absolutely in your hands, and I may add the constitution of our country. For, what private prodigality, what consequent necessity,

cessity, what public avarice, what public corruption, would you not intirely overthrow ? In fact, you would produce a reformation the next, if not superior, in its effects on society, to that of religion, the grand reformation of morals. O ! then, my amiable Ladies, proceed in the glorious undertaking ; and as you are now our pride and ornament, and next to angels in perfection, be the guardian-angels of your country.

**T H E E N D.**

